

SONM Return to Play Sport Specific Guidelines



Overview:

Special Olympics New Mexico supports a safe return to activities and play for all participants under the guidance of Special Olympics, Inc. and that of national, state, tribal and local guidelines.

This document is by no means complete or exhaustive list of Return to Play considerations. SONM recognize that we will all learn, adapt and adjust as we make our way through this pandemic.

Sport Risk Assessment:

Low Risk	Sports that can be done with social distancing or individually with no sharing of equipment or the need to clean the equipment between use by competitors.
Moderate Risk	Sports that involve close, sustained contact, but with protective equipment in place that may reduce the likelihood of respiratory particle transmission between participants OR intermittent close contact OR group sports OR sports that use equipment that can't be cleaned between participants.
High Risk	Sports that involve close, sustained contact between participants, lack of significant protective barriers, and high probability that respiratory particles will be transmitted between participants.

Moderate and High Risk sports can still be active during early phases through individual skills training.

SPECIAL OLYMPICS NEW MEXICO SPORTS		
Low Risk	Moderate Risk	High Risk
Athletics - Running Events	Athletics - Field Events / Relays	Basketball
Swimming - Individual Events	Athletics – Assisted Skill Events	Flag Football*
Bocce - Singles	Swimming - Relays	Poly Hockey
Equestrian	Swimming – Assisted Skill Events	Softball*
Golf	Bocce - Doubles / Team*	
	Bocce Assisted Short court	
	Bowling	
	Ramp Bowling*	
	Golf Level 1 Assisted	
	Gymnastics (Rhythmic)*	
	Volleyball	
	Assisted Volleyball Skills	

*Could be potentially considered lower risk with appropriate cleaning of equipment and use of masks by participants.

Sport Specific Resources

Not all Governing Bodies and Sport Federations currently have return to play information on their websites and many will amend or update along the way. Please continue to check websites for sport specific information and updates.

Summer Sports Governing Bodies & Resources		
<p>Athletics (Track & Field)</p> <ul style="list-style-type: none"> • USA Track & Field • World Athletics 	<p>Basketball</p> <ul style="list-style-type: none"> • FIBA • USA Basketball • Jr NBA 	<p>Bocce</p> <ul style="list-style-type: none"> • SONA Bocce Training • Considerations Sample
<p>Bowling</p> <ul style="list-style-type: none"> • US Bowling Congress • Brunswick Bowling Centers • World Bowling • SONA Bowling Training • Considerations Sample 	<p>Equestrian</p> <ul style="list-style-type: none"> • US Equestrian • Federation Equestre Internationale (FEI) 	<p>Flag Football</p> <ul style="list-style-type: none"> • NFL FLAG • USA Football • Pop Warner • SONA Flag Football Training • Considerations Sample
<p>Golf</p> <ul style="list-style-type: none"> • USGA • Royal Ancient Golf Club of St. Andrew's 	<p>Gymnastics</p> <ul style="list-style-type: none"> • USA Gymnastics • Federation Internationale de Gymnastique (FIG) 	<p>Poly Hockey</p> <ul style="list-style-type: none"> • SONM Poly Hockey • Considerations • USA Hockey
<p>Softball</p> <ul style="list-style-type: none"> • USA Softball • Little League • Sports UAC • World Baseball Softball Confederation 	<p>Swimming</p> <ul style="list-style-type: none"> • USA Swimming • Swimming Canada • Federation International de Natation (FINA) 	<p>Volleyball</p> <ul style="list-style-type: none"> • USA Volleyball • Federation Internationale de Volleyball (FIVB)

Additional Local Program Considerations

Personal Protection Equipment (PPE):

- Do we have the ability to provide everyone with appropriate PPE as needed (masks, hand sanitizer, disinfectant wipes and spray, personal water bottles, temporal thermometers, disposable gloves, personal towels, etc.)?
- Do we have a communications plan for all participants of any SONM activity to let them know what the PPE expectations are (what they must/should bring, what S.O. will provide, etc.)?

Venue:

- Is there a safe training location available that meets or exceeds the standards of our protocol?
- What assurances do we have from venue of implementation of their sanitation measures/procedures?

- Has the coach done a venue walk-through prior to practice/activity to assess all necessary protocol, safety and activity modification needs.
- Is there enough space at venue for extra spacing for all sport and non-sport elements of activity
- Will other entities/groups be using the venue at the same time Special Olympics is? Can we find out what safety measures are they taking? How can we inform them of our safety precautions and expectations.

Practices

- Split squads/practices: do we have enough venue availability? Can our coaches give that much time?
- Modify all sports to meet social distancing requirements.
- No spectators at practices.
- Use physical guidance (roped, chalked, coned off areas) to help ensure social distancing.
- Break athletes into small groups that stay together and do not co-mingle. Keep players together in small groups with dedicated coaches or staff, and make sure that each group of players and coaches avoid mixing with other groups as much as possible.
- Put out cones or chalk ground to ensure social distancing for each player to have personal area for static stretching. Similarly, designated lanes could be set up for any dynamic stretches or running warm up.
- Modify practices, skills, drills, scrimmages, to limit the time athletes and partners spend physically close to others.
- Ability to engage in social distancing while not actively engaged in play (e.g., during practice). During times when players are not actively participating in practice, attention should be given to maintaining social distancing by increasing space between players on the sideline.
- Mark off areas along bench, ground, fence or other stationary point of reference with tape/chalk/cones/surveyor's tape to give each athlete the same "spot" for gear and rest.

Support Coping and Resilience:

- Encourage participants to take breaks from watching, reading, or listening to news stories, including social media if they are feeling overwhelmed or distressed.
- Promote healthy eating, exercising, getting sleep, and finding time to unwind.
- Encourage participants to talk with people they trust about their concerns and how they are feeling.
- Many participants are going through challenging times. Some may have lost loved ones, lost jobs, been disconnected from friends and school and haven't had the structure they are accustomed to. This creates a lot of stress that can show up in different ways. You can help reduce this stress through your communication approach.